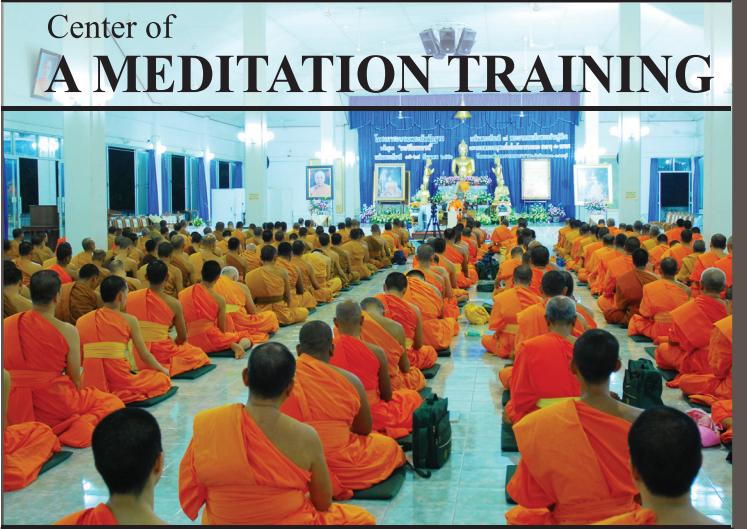




## Getting There

Wat Luang Phor Sodh is 2 hours southwest of Bangkok by #78 air-conditioned bus, which leaves from the Southern Bus Terminal every 20 minutes 06:00-19:00. Look for "No. 78 Air conditioned # 2 Damnoen Saduak. **FLOATING MARKET.**" It is recommended to take a taxi to the Southern Bus Terminal. These notes in Thai and English may be helpful:

1. To show a taxi driver: **uhn seng salyai**
2. To find the #78 bus: **รถบัสอากาศ 78 ดำเนินสะดวก**
3. To show a conductress: **วัดหลวงพ่อสุดาราม**  
**อ.ดำเนินสะดวก จ.ราชบุรี โทร. 086-306-0920-2.**



### Contacts

**General Questions (Thai only):** (+66) 032-745-180 or 086-306-0920-2, Fax: 032-745-170.

**International Meditation Questions:** Phra Bart (BMI Program Manager), phone: (+66) 089-068-0521 (English only), Email: [phrabart@gmail.com](mailto:phrabart@gmail.com). Or (+66) 087-686-4635 (English and Thai).

**Website:** [www.dhammadcenter.org](http://www.dhammadcenter.org)

**Email:** [bmi@dhammadcenter.org](mailto:bmi@dhammadcenter.org)



The National Coordination Center of Provincial Meditation Institutes of Thailand



- Tranquility
- Concentration
- Insight
- Peacful happiness
- Meditation
- Inner peace



## Meditation Retreat in English WAT LUANG PHOR SODH BUDDHIST MEDITATION INSTITUTE (BMI)

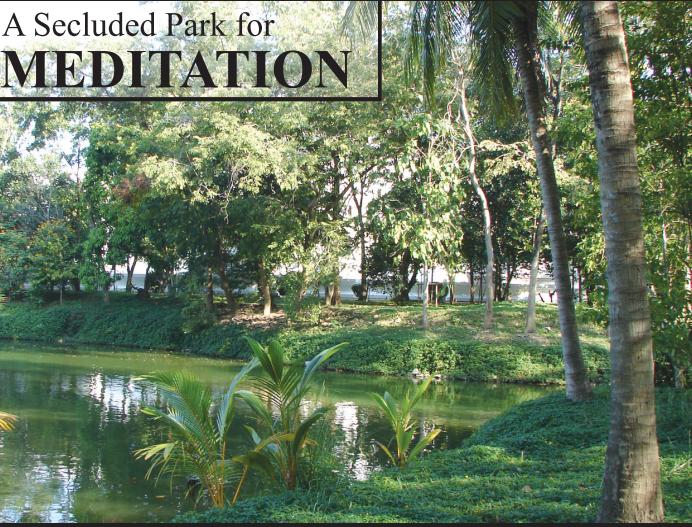
An Associated Institution  
of the World Buddhist University

Damnoen Saduak District, Rajburi Province, Thailand.

[www.dhammadcenter.org](http://www.dhammadcenter.org)



A Secluded Park for  
**MEDITATION**



Provincial Meditation Institute  
& Pali studies center

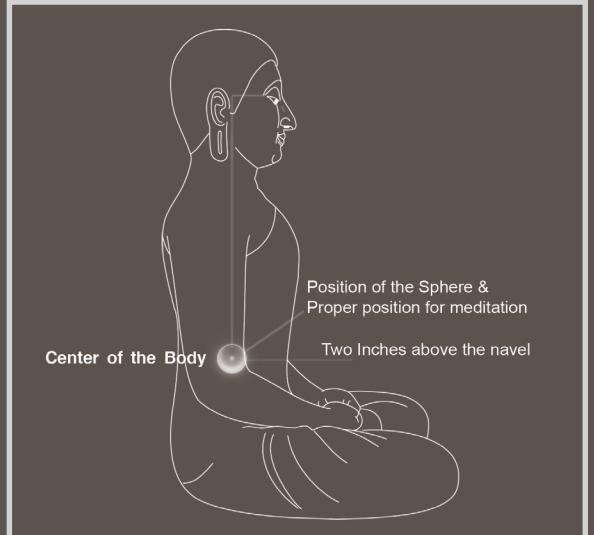
## About Meditation

1. **What is Meditation?** -- Open-minded, objective observation inside.
2. **Why meditate?** -- Reduce stress; relax.
3. **What are the benefits?** -- Relaxation; Concentration, Knowing yourself.
4. **What do I need to meditate?** -- Nothing, only the desire.
5. **Is meditation hard?** -- Generally easy. For some, it is hard. Give it a try.
6. **How to sit?** -- Comfortably.
7. **Who can meditate?** -- Anyone.
8. **How much time to allocate for meditation?** -- Build what you can into your daily schedule.
9. **Is meditating doing good?** -- Meditation is the way to train and purify one's mind. This is very meritorious. **Why?** -- When the mind wanders outside, it will contact and attach to worldly objects you like, or feel aversion towards the objects you dislike. That will cause passion to arise in the form of craving, greed, ill will, and/or delusion. When you meditate and bring your mind inside, even for a second, it is very meritorious because the mind stops unattached to any worldly object. Thus, your mind will become purer and purer. Try to do it everyday whenever you feel free in any position and at any place.



## Dhammakaya Meditation

Dhammakaya Meditation is based on four principles: three methods of concentration and the Principle of the Center. The three concentration techniques are: (1) Meditating on an object of visualization (the light Kasina), (2) Recollection of Lord Buddha's virtues (Buddhanussati), and (3) Mindfulness of Breathing (Anapanasati).



The Principle of the Center specifies that these three methods of concentration are all applied simultaneously at the center of the body. **Learn more about Dhammakaya mediation.** Please go to [www.dhammadcenter.org](http://www.dhammadcenter.org).

## Meditation Masters



Dr. Phra Rajyanvisith (Hon. D.), teaches advanced Meditators personally. He is the President of the National Coordination Center of Provincial Meditation Institutes of Thailand, Director of the Meditation Center of Rajburi Province, Abbot of Wat Luang Phor Sodh, and the Principal of BMI,

**Phra Bart or Phra Khru Baitika** Dr. Barton Yanathiro teaches introductory and intermediate meditation with notable success. He is a former professor and international development specialist, with a Ph.D. in Sociology & Social Psychology from Cornell University, who has been a monk since March 6th 2002.

Phra Bart was a professor of research methodology and was impressed by the depths of what Lord Buddha learned just sitting under a tree. He has concluded that meditation is the best methodology for understanding reality and how to live profitably, and is eager to teach it to all who are interested, worldwide.



## Meditation Programs

BMI teaches the Concentration-Insight Meditation technique, also called Dhammakaya Meditation, rediscovered by Phra Mongkol-Thepmuni, Luang Phor Wat Paknam, in 1916. This is direct implementation of Lord Buddha's key meditation instruction given in the Greater Discourse on the Four Foundations of Mindfulness. It has proved extremely effective and efficient. The technique integrates concentration into trance states of absorption (Jhana) with development of transcendental insight. The meditator stops still at the center of the body, delving deeper and deeper inside, climbing higher and higher up a ladder of more and more refined inner bodies, feelings, minds, and Dhamma, transcending to Dhammakaya and advancing through Noble Disciple states to experiencing Nirvana.

**Meditation Guidance:** BMI offers Meditation Guidance or semi-private tutoring in English all year round, starting whenever you choose and lasting as long as you like. If you have the time, please try to come for 10 days to two weeks for the best result. It generally requires 5-7 days to develop the inner calm necessary for rapid progress. But, individuals vary greatly, so all are welcome for either longer or briefer periods.

**Meditation Retreats:** BMI offers three intensive retreats per year, May 1-14, August 1-14, and December 1-14. Retreats are similar to guided meditation, but more intensive, with a sunrise meditation at 05:30.